

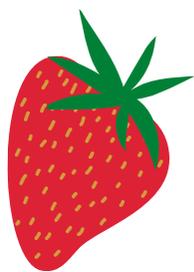


JERSEY TASTES!

RECIPES

Seasonal Fruit and Yogurt Parfaits

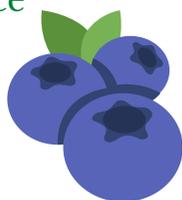
INGREDIENTS



FAMILY-SIZE SERVES 4-6

- 2 cups seasonal fruit (strawberries, peaches, or blueberries)
- 2 cups yogurt
- 2 Tbsp honey
- 1 tsp vanilla extract
- 1/2 cup granola of choice

SCHOOL FOOD SERVICE # PORTIONS: 50



- Choose which fruit you would like to include:
 - 9.5 lbs fresh or 14 lbs 2 oz frozen sliced strawberries or
 - 8 lb 4 oz fresh or frozen blueberries or
 - Approx 2.75 No. 10 cans of peaches, drained
- 12 lb 8 oz, low-fat yogurt, plain
- 1 Tbsp 1 tsp vanilla extract
- 1/2 cup honey
- 3 lbs 2 oz granola of your choice

PORTION SIZE: One parfait
One parfait = 1 oz equivalent meat alternate,
1/2 cup fruit, and 1 oz equivalent grains.

DIRECTIONS

- 01** Combine yogurt, vanilla, and honey in a large bowl. Stir well.
- 02** For Family-Size, layer fruit, yogurt, and granola in a cup or container of your choice.
- 03** For Food Service, place 1/2 cup (about 2 oz) strawberries or fruit of your choice in each cup. Using a No. 8 scoop, portion 1/2 cup (about 4 oz) yogurt mixture on top of fruit.. Sprinkle 1/4 cup (about 1 oz) granola over yogurt.

Complete Breakfast Entrée!

Fun Fact:
Did you know?
Strawberries are
part of the Rose
family.



RECIPES MADE IN COLLABORATION WITH:

